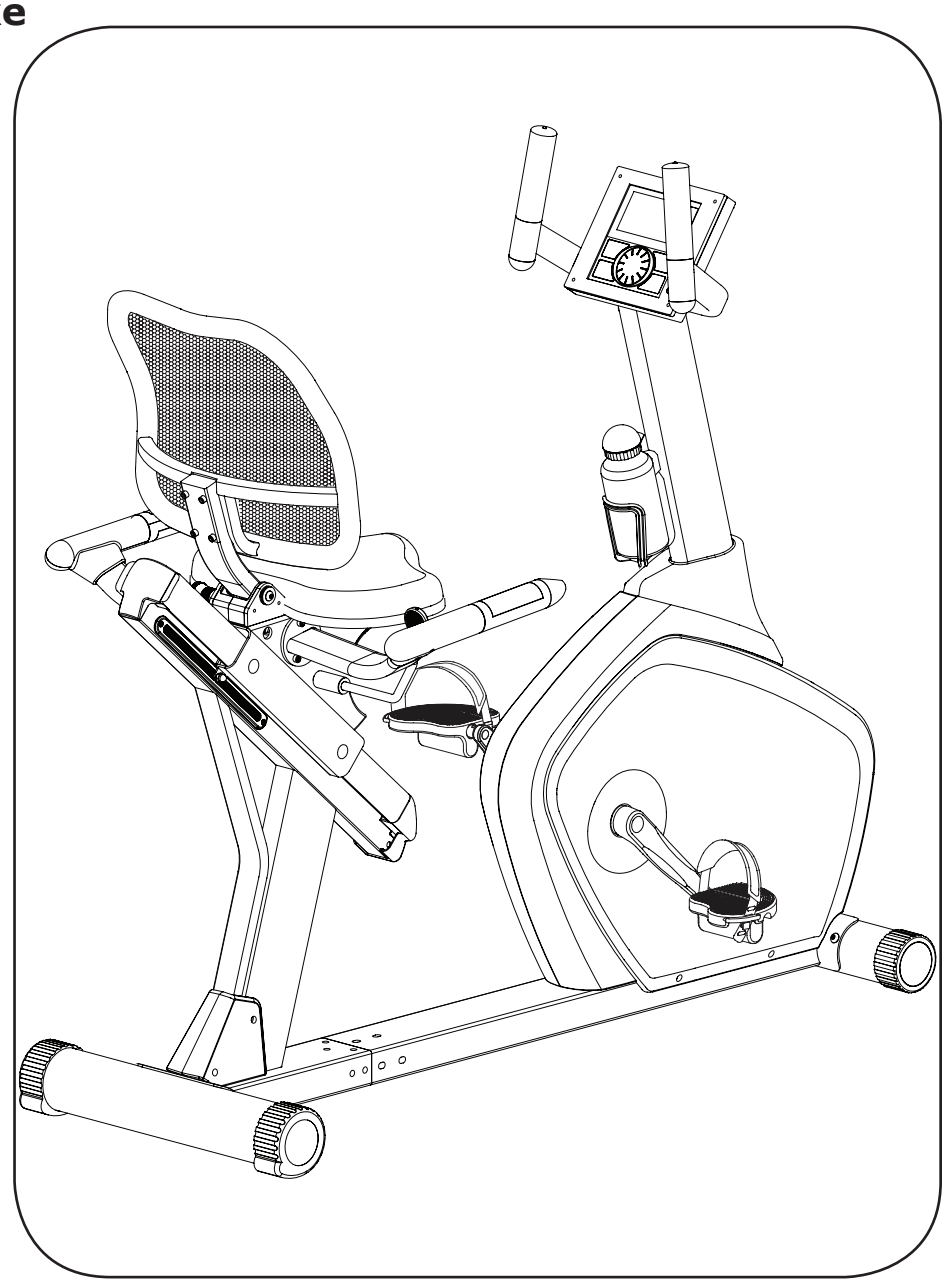
IRONMAN®

CHARGER

Owner's Manual

Charger Recumbent Bike



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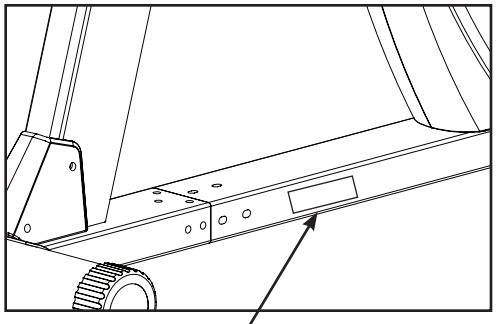

SERIAL TAG IS LOCATED ON THE FRAME

Model Name: Charger
Date of Purchase:_____
Serial Number:_____

315-00128
02/19 Rev C

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Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.

2. This unit has a user maximum capacity of **300** pounds.

3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.

4. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.

5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.

6. Always examine your unit before using to ensure all parts are in working order.

7. Allow the unit to fully stop before dismounting.

8. Pets should never be allowed near the unit.

9. Do not leave children unsupervised near or on the unit.

10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.

11. Never insert any object or body parts into any opening.

12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.

13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.

14. Failure to follow these instructions will void the unit warranty.

Important Safety Information

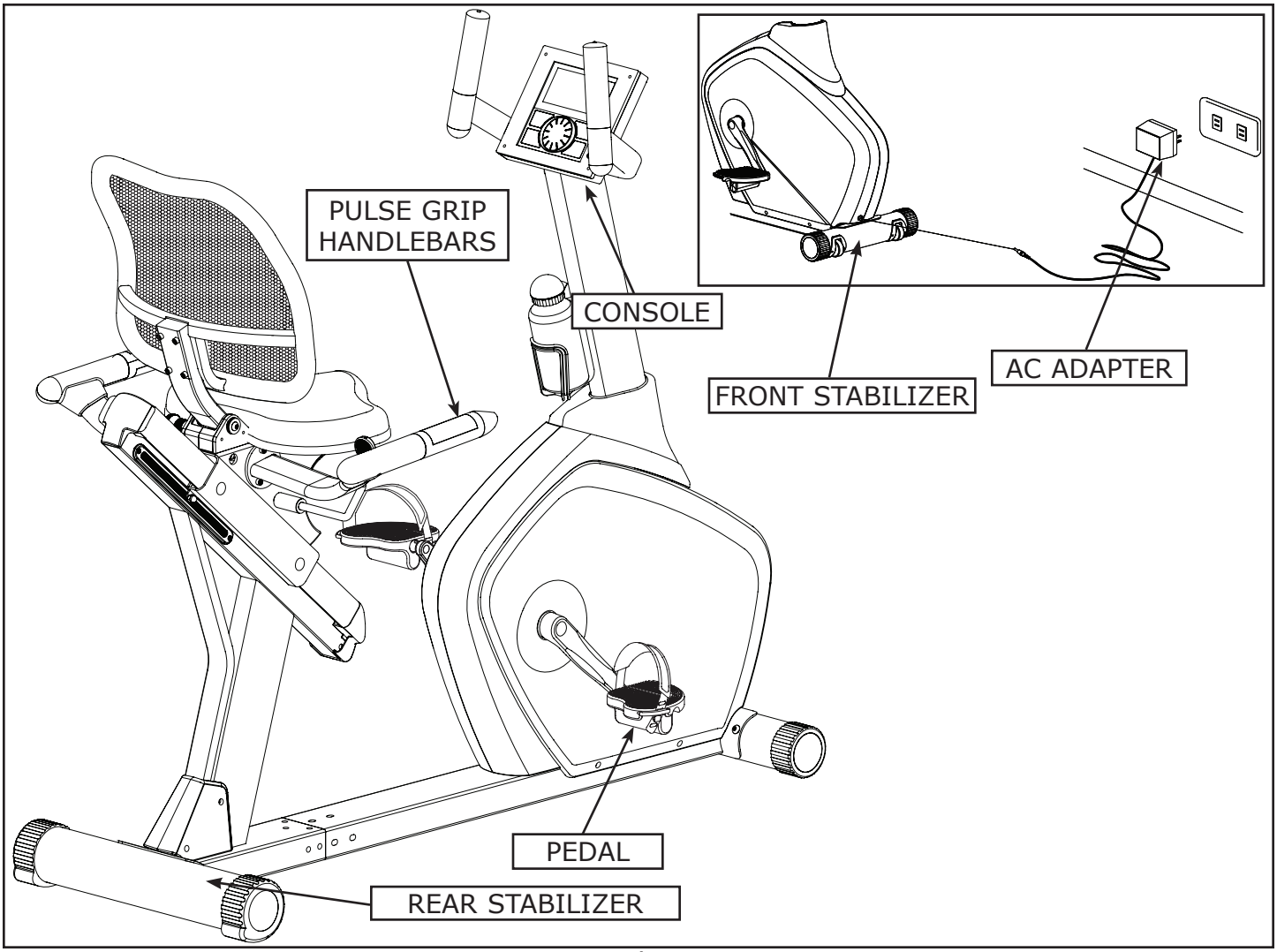
Thank you for purchasing the Ironman Fitness **Charger Recumbent Bike**! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

If you are taking medication, consult your physician to see what effect the medication will have on your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.

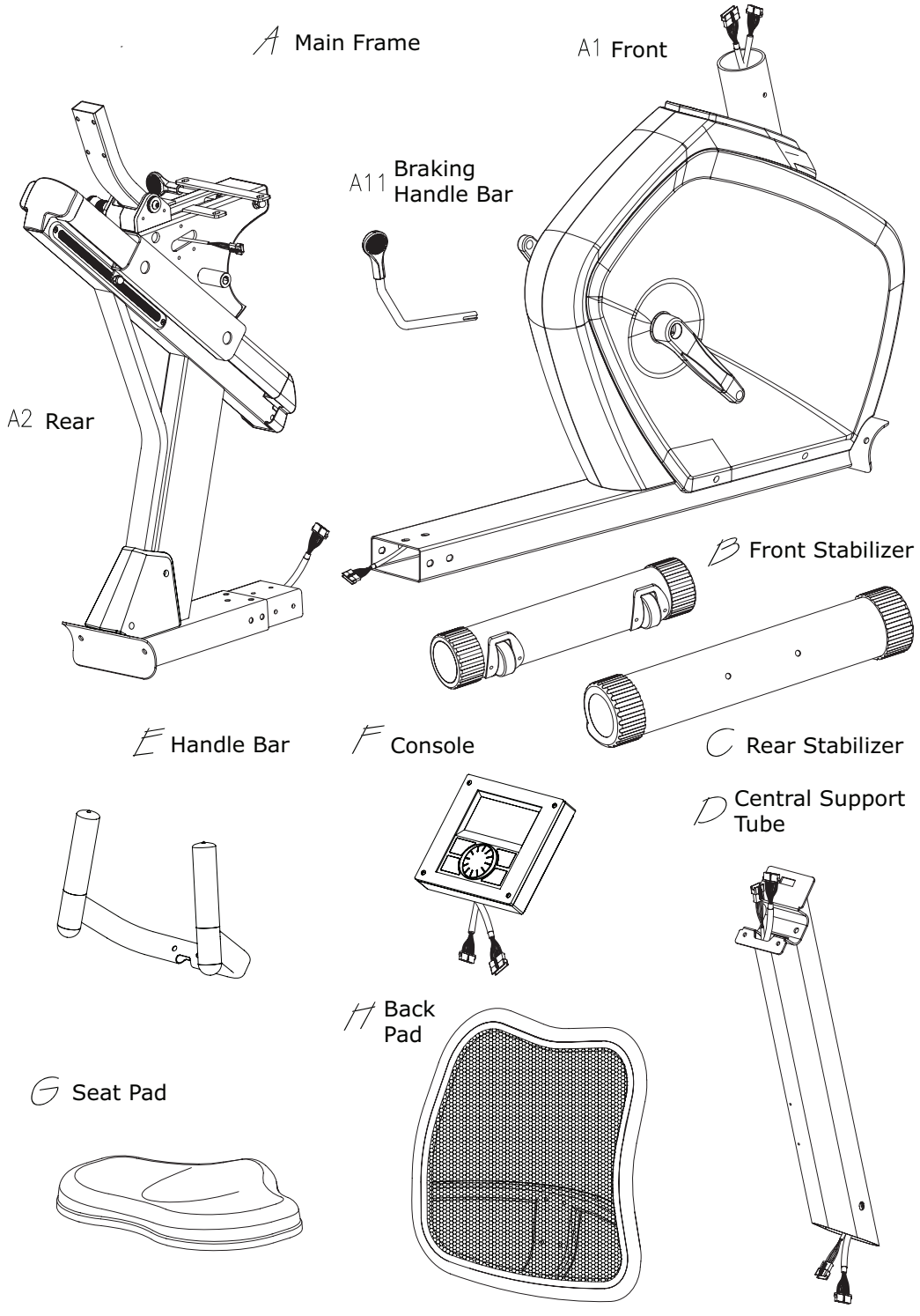


Parts Identifier

INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

Locate the hardware pack and identify the following parts required for assembly.

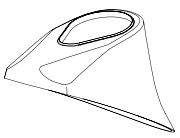


Parts Identifier

INSTRUCTIONS FOR ASSEMBLY:

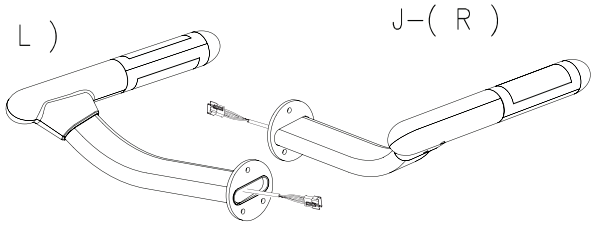
Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

/ Console Tube Cover



J Side Handle bar

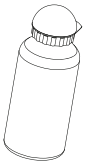
J-(L)



J-(R)

K Water Bottle Set

K1-Bottle Holder



Z2 -Water Bottle

K3-Screw M5x15m/m

L Pedal

L-(L)

L-(R)

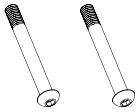
N Screw Bag

(N1)-Screw M8x15Lx14pcs

(N2)-Spring Washer M8x12pcs

(N3)-Washer M8x18pcs

(N4)-Screw M8x100Lx2pcs



(N5)-Screw M8x35Lx2pcs (black)

(N6)-Screw 1/4"x38Lx4pcs

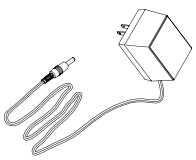
(N7)-Screw M6x12Lx6pcs

(N8)-Screw M8x20Lx2pcs

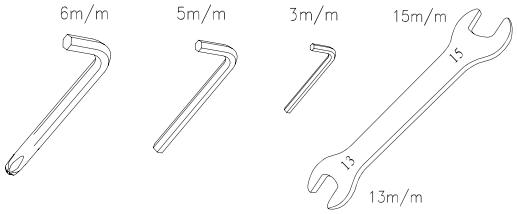
(N9)-Washer M8x2pcs (black)

(N10)-Screw M6x8Lx1pcs

M Adapter

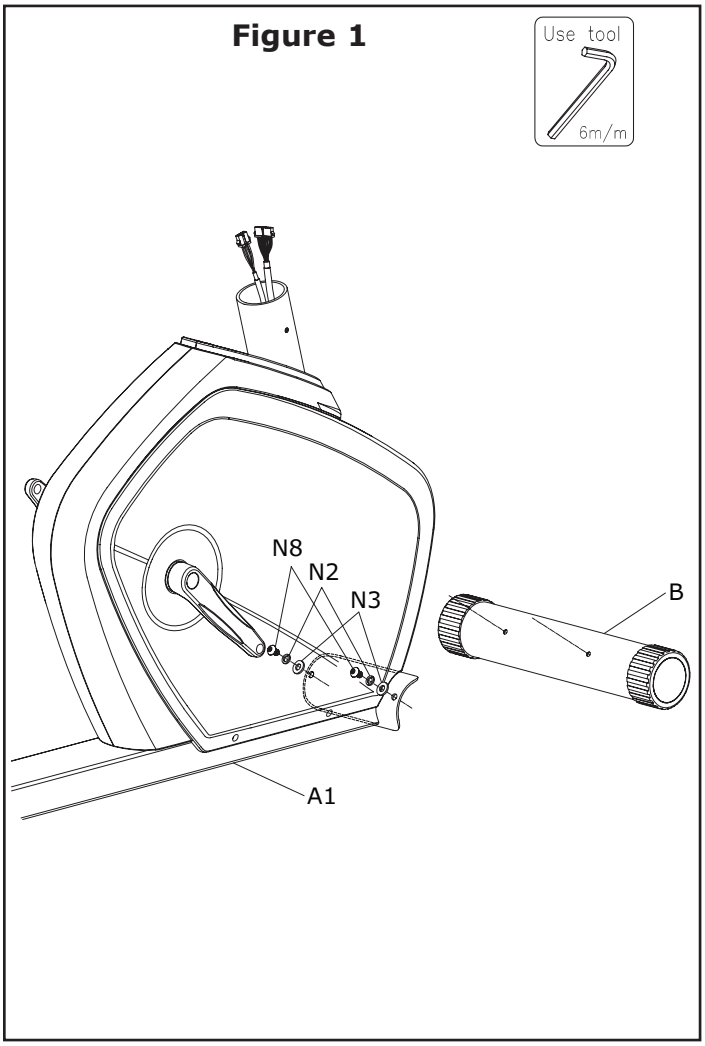


Tools



Assembly

Getting Started - The Ironman Fitness Charger Recumbent Bike will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. Before assembling, the unit should be placed as close as possible to its final location. If you are missing any parts, please call Ironman Fitness at 1-800-750-4766. Tools have been provided to assist with product assembly.



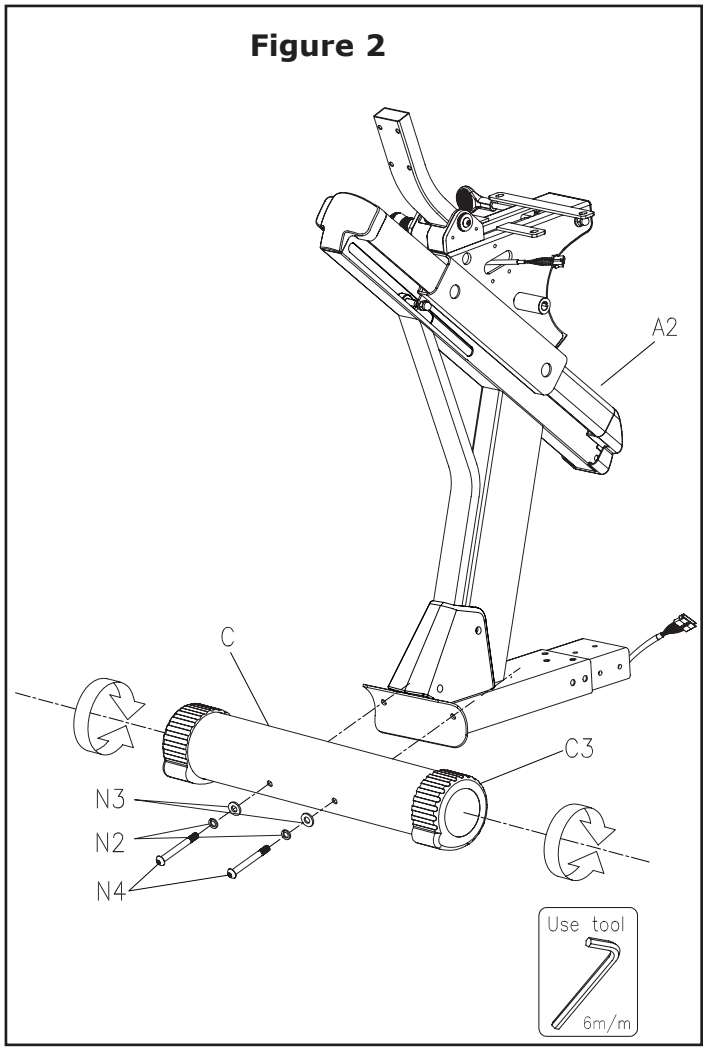


Figure 1
Step 1:
Secure front stabilizer bar (B) to main frame (A1) using two bolts (N8), spring washers (N2) and two washers (N3).
Note: *For identification purposes, the front stabilizer has transport wheels inserted into it.*

Figure 2
Step 1:
Secure rear stabilizer (C) to the main frame (A2) using two bolts (N4), two spring washers (N2) and two washers (N3).

Figure 3
Step 1:
Connect hand pulse sensor wire-rear (A24) to the hand pulse sensor wire-middle (A23).

Step 2:
Locate the front (A1) and rear (A2) main frames. Connect both front and rear frames. To secure, use six bolts (N1), six spring washers (N2) and six washers (N3) - make sure all holes are lined up correctly.

Note: *Ensure that all wires are secure inside tube during the entire time both frames are being secured. Be careful not to pinch wires.*

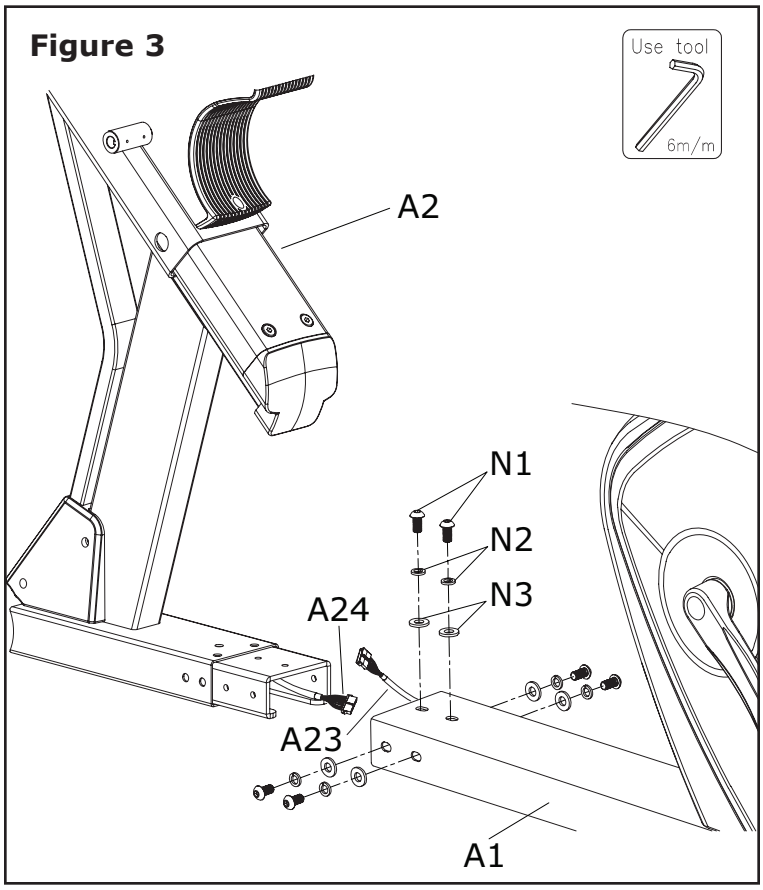


Figure 4
Step 1:
Locate main support tube (D) and main support tube cover (I). Slide main tube cover up the main support tube.

Step 2:
Connect hand pulse sensor wire - front (A25) coming from main support tube to hand sensor wire - middle (A21) coming from the main frame.

Connect power wire (A26) coming from main support tube (D) to power wire (A23) coming from the main frame.

Step 3:
Secure main support tube to main frame (A1) using four bolts (N1) and four spring washers (N2) and two washers (N3). Slide main support tube cover down until it meets the main frame.

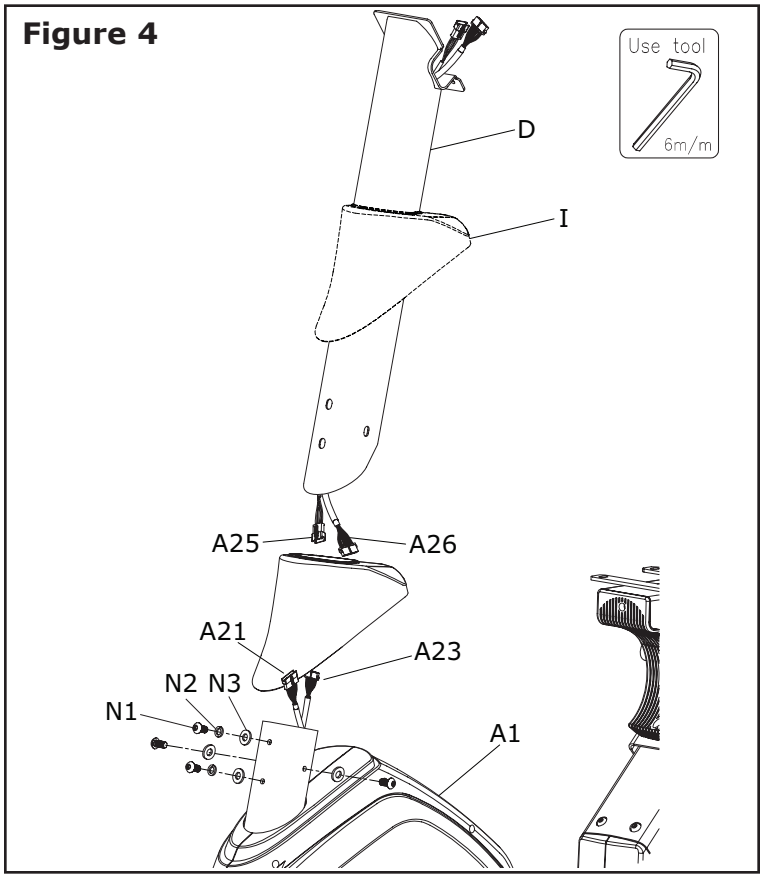


Figure 5

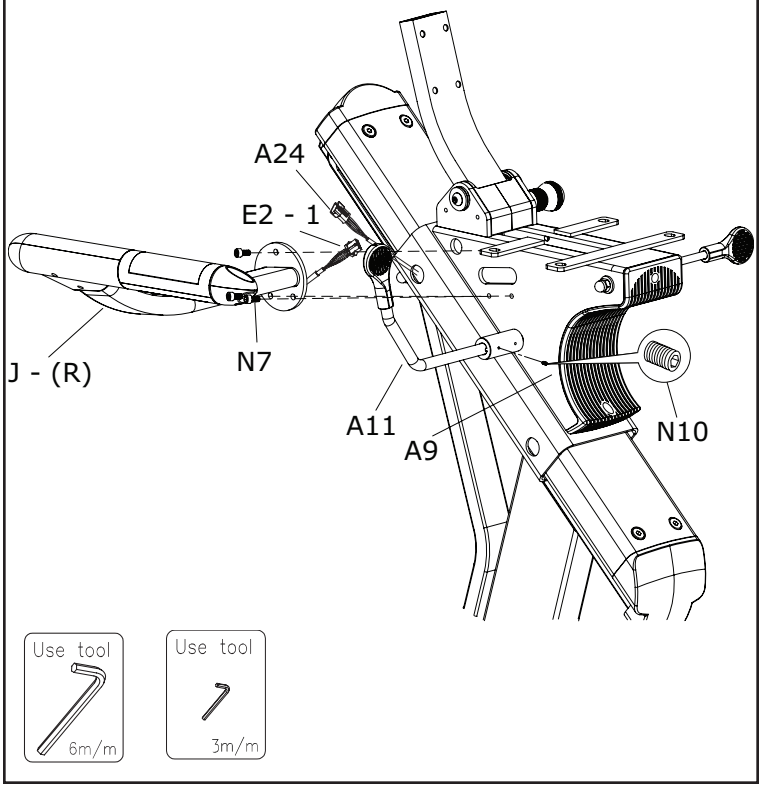


Figure 5
Step 1:
Slide the seat adjustment handlebar (A11) into the main frame and secure using stopping screw (N10).

Step 2:
Connect sensor wire (A24) to sensor wire (E2-1) and side handlebar (J-R) onto sliding track (A9). Secure using three bolts (N7).

Figure 6

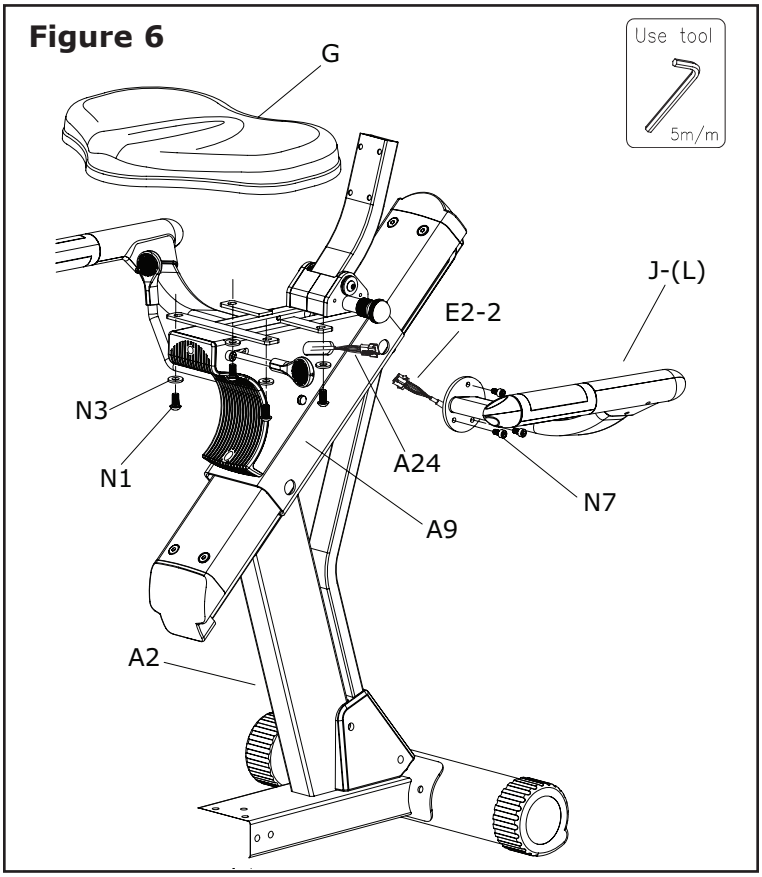


Figure 6
Step 1:
Connect sensor wire (E2-2) to sensor wire (A24) and side handlebar (J-L) onto sliding track (A9). Secure using three bolts (N7).

Step 2:
Locate seat pad (G) and secure onto sliding track (A9) with four screws (N1) and four washers (N3).

Figure 7

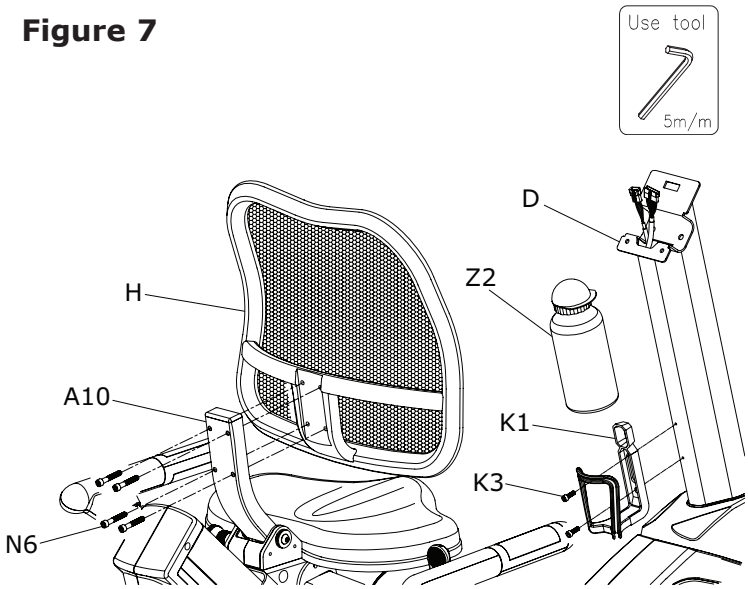


Figure 7
Step 1:
Locate backrest (H) and secure onto the backrest tube (A10) using four screws (N6).

Step 2:
Locate plastic bottle holder (K1) and secure to the middle of the main support tube (D) using two screws (K3). Place water bottle (Z2) into water bottle holder (K1).
Note: *Screws (K3) will be located in the same bag as the water bottle holder.*

Figure 8

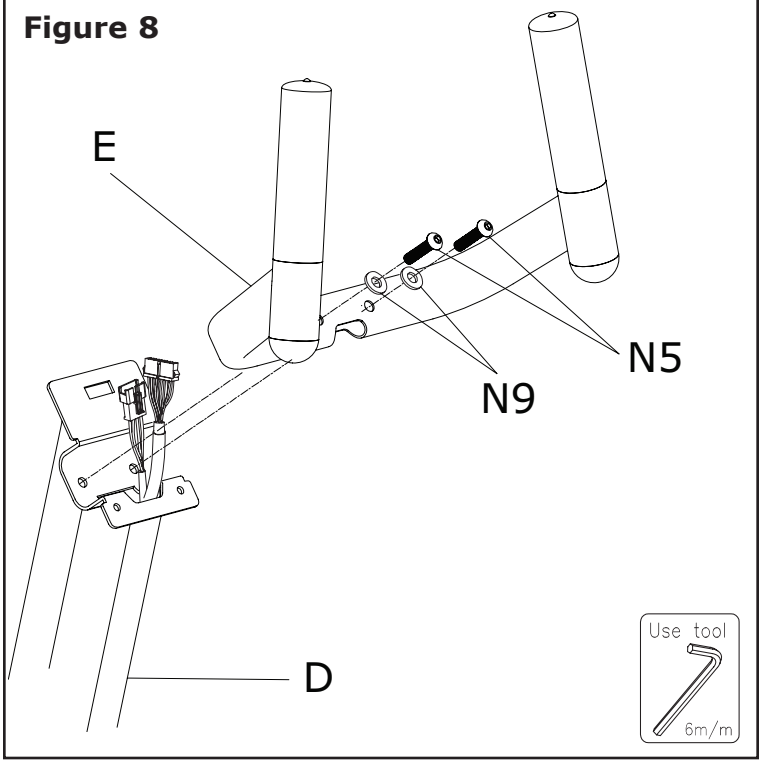


Figure 8
Step 1:
Locate small handlebar (E) and attach onto the iron plate of the console tube (D) and use two bolts (N5) and two washers (N9) to secure tightly.

Figure 9

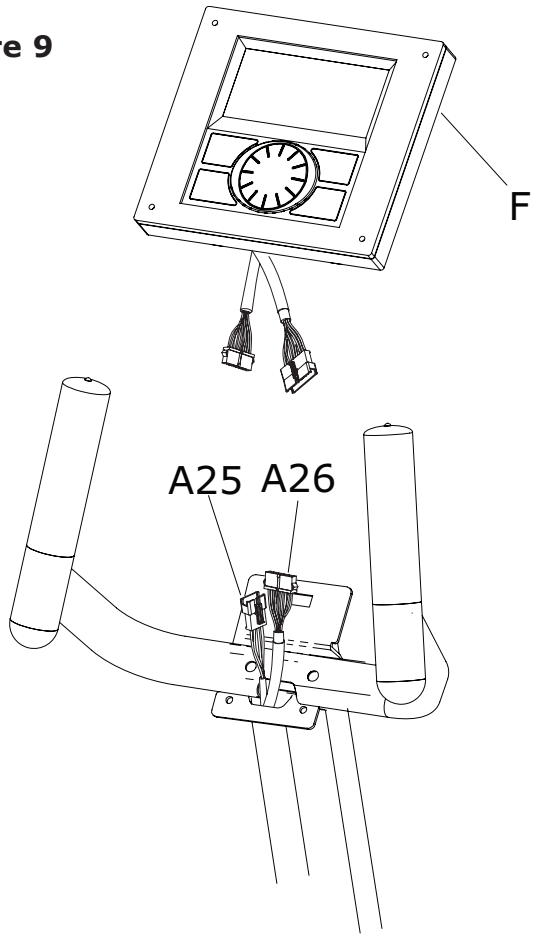


Figure 9
Step 1:
Locate console (F), and connect sensor wires (A25 and A26) to the wires coming from the console.

Step 2:
Gently push all of the wires into the console tube. Slide console onto the console tube. The console will clip to the frame as you slide it on.

Figure 10

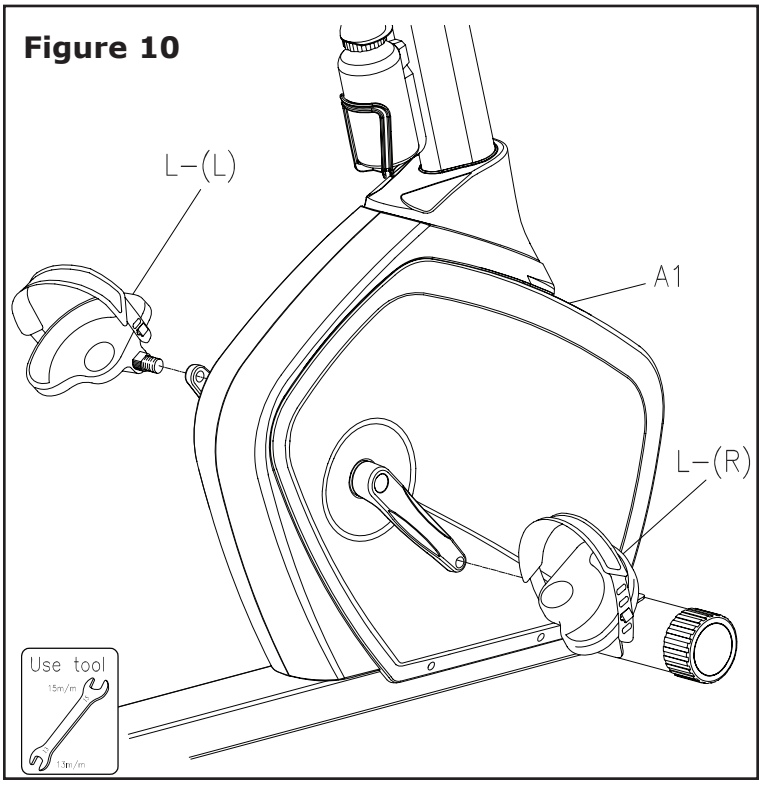
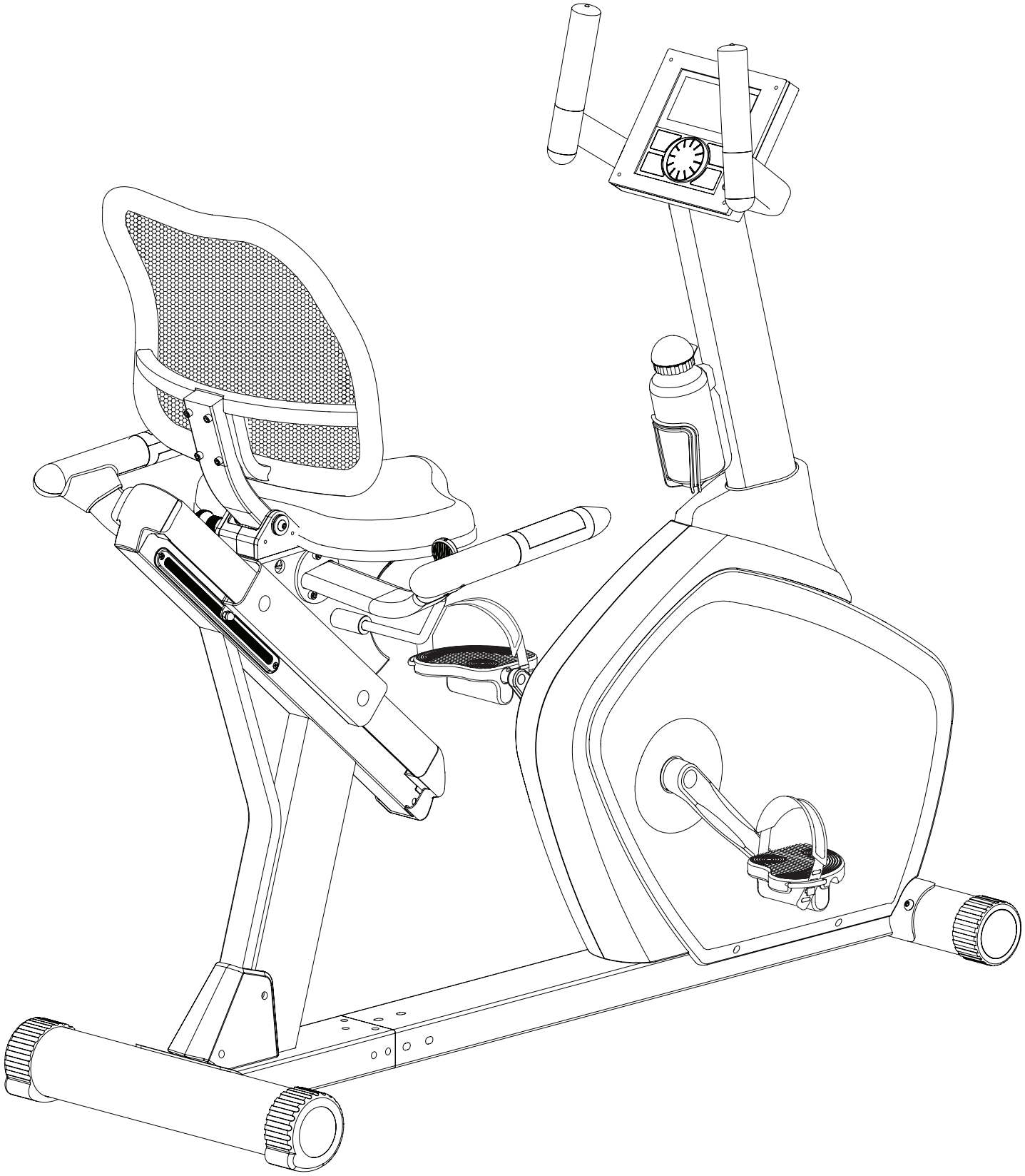


Figure 10
Step 1:
Thread the right pedal (L-R) into the right crank area of main frame (A1). Secure in place by turning it **clockwise** to tighten. ***Note:*** Right pedal (L-R) is marked with an "R".
Step 2:
Thread the left pedal (L-L) into the left crank area of main frame (A1). Secure in place by turning it **counter-clockwise** to tighten.

Note: *Left Pedal (L-L) is marked with an "L"*

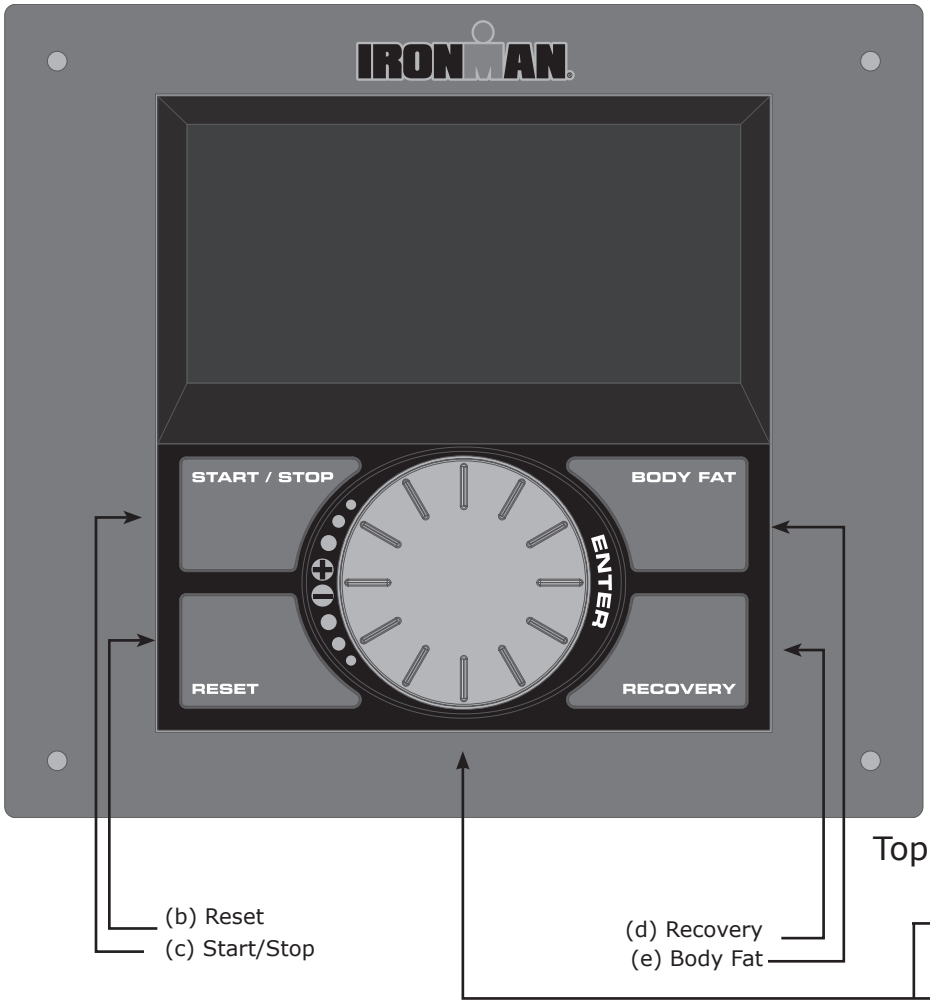


CONGRATULATIONS!

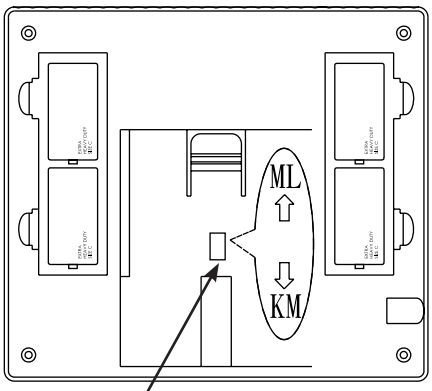
You have completed assembly of your Charger Recumbent Bike.

Console Instructions

Take a few moments to review the console layout. Below is an overview of the console and its different functions.



Bottom



KM/ML switch:

To find the KM/ML switch you must first remove the back of console from the unit to see the switch. User may select metric or English by using KM/ML switch on bottom cover.

After changing the switch, user needs to unplug the adaptor to restart the computer.

CONSOLE BUTTONS

ENTER:

This button is used as an enter key to set the function value for TIME, DIST, CAL, and pulse. It will also allow the user to move to the next setting that can be changed. To use, press the knob.

RESET:

When pressed and held for 3 seconds, this button is used to reset all values entered back to default settings.

START/STOP:

This button is used to start or stop training.

BODY FAT:

This button is used to start or stop body fat testing.

RECOVERY:

This button is used to test heart rate recovery feature of the console (refer to "Console

Functions" for more information).

UP/DOWN:
When changing settings of a program, turn the knob to increase/decrease TIME, DISTANCE, CALORIES, and PULSE. During your workout, turn the knob to increase/decrease the resistance level from 1 to 16.

BUTTONS ON SEAT HANDLEBARS

In order to offer more flexibility during your workout, additional toggle switches are placed on the seat handlebars. The buttons are the +/- (+ is equivalent to turning the enter knob clockwise and - is equivalent to turning the knob counter-clockwise) and MODE (equivalent to pressing the enter knob). They are used the same way as the buttons on the console. These buttons may be used at anytime as a substitute to pressing the buttons located on the console or turning the enter knob.

CONSOLE FUNCTIONS

TIME:
If a target time was not selected, time will count up from 00:00 to maximum 99:59. When working out with a target time, time will count down from target to 00:00. When selecting target time, turn the knob, the time will change in 1 minute increments and can range from 1:00 min to 99:00 mins.

SPEED:
Displays current training speed from 0.0 to maximum 99.9 KM or MPH.

RPM:
Displays current training revolutions per minute.

DISTANCE:
If a target distance was not selected, distance will count up from 0.00 to maximum 99.99. When working out with a target distance, distance will count down from target to 0.0. When selecting target distance turn the knob, the distance will change in 0.1 mile increments and can range from 0.00 miles to 99.99 miles.

CALORIES:
If target calories were not selected, calories will count up from 0 to maximum 999. When working out with target calories, calories will count down from target to 0.

PULSE:
Displays your current heart rate as soon as both hands are holding the pulse sensor. The monitor will detect your heart rate through hand grip sensors that are located on the upright and near the seat. ***Note:*** *It may take several seconds for the electronics to detect and display an accurate heart rate reading.*

WATT:
Displays current training watt figures. A watt is a measurement of the amount of power generated by the user based on the resistance and speed.

RECOVERY:
After your workout, press "RECOVERY" button and keep holding on hand grips. The console will detect your heart rate and use that heart rate to calculate your recovery status.
All function display will stop except "TIME" starts counting down from 01:00 to 00:00. Screen will display your heart rate recovery status rating between F1-F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status.

CALENDAR:
Screen will display year/month/day in sleep mode. When the unit is plugged in or the batteries are inserted, the console will prompt user to input correct information. Turn the knob until correct year is found. Press the knob to select and move on to the Month. Repeat to input correct month and day.
Note: *All information will be saved until unit is unplugged or batteries.*

CLOCK:
Screen will display time in sleep mode. Once the calendar is set, you will be able to input the correct time. Turn the knob until the correct hour is found. Press the knob to select and move on to the minutes. Repeat for to input correct minutes. ***Note:*** *All information will be saved until unit is unplugged.*

TEMPERATURE:
Screen will display room temperature in sleep mode.

GENERAL INFORMATION

1. The console will shut down after 4 minutes of no activity, and will display room temperature. Begin pedaling or press any button to bring console back to operational state.
2. To reset console, press and hold RESET button for 3 seconds.
3. To begin workout without inputting any values (Quick Start Mode), simply press START/STOP once the console is turned on. Change resistance during workout by turning the knob.
   Note: *The values calculated or measured by the console are for exercise purposes only, not for medical purposes.*
4. The unit may be used using the supplied ac adapter or 4 "C" batteries (not included). Due to the functions of the console, it is estimated that user will experience about 10 hours of battery life. It is recommended to use supplied ac adapter to power unit.

BMR:
Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal body functions.

BMI:
Stands for Body Mass Index. BMI is a measure which takes into account a person's weight and height to gauge total body fat in adults.

GETTING STARTED

When console is first turned on, user will be able to select a user profile. There are nine profiles to choose from, U1-U9. Four profiles (U5-U9) allow the user to enter his/her information,

such as Gender, Age, Height and Weight. Profiles U5-U9 are stored permanently even if power is cut off, but U1-U4 will reset to default values once power is cut off or if the reset button is held down for two seconds.

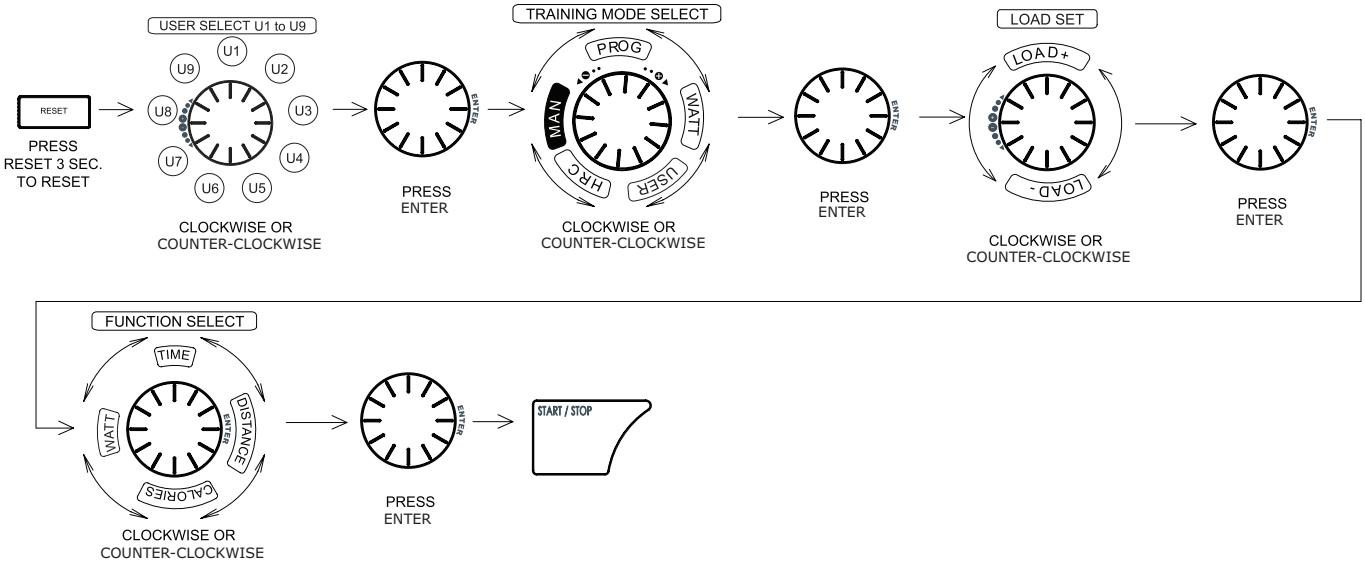
To begin, first select desired profile (U1-U9) that will be edited by turning the knob clockwise. Press the knob to confirm selection. The console will now allow user to select his/her gender. Turn the knob clockwise to select user's gender. Press the knob to confirm selection. Next, enter user's age. Turn the knob clockwise to increase the age and counter-clockwise to decrease the age. Press the knob to confirm selection. The console will now allow user to enter his/her height. Turn the enter knob clockwise to increase the height and counter-clockwise to decrease the height. ***Note: Height will be shown in inches.*** Press the knob to confirm selection. Finally, enter user's weight. Turn the enter knob clockwise to increase the weight and counter-clockwise to decrease the weight.

PROGRAM INSTRUCTIONS

Once profile is either created or selected, user will select the type of workout desired. The available workouts include Manual, Preset, Watt, User and HRC.

MANUAL PROGRAM:

After selecting user profile, turn the enter knob until Manual is selected and then press it to confirm. The manual program allows the user to manually adjust tension settings throughout his/her workout. The default tension level is 1. You may set desired resistance, time, distance, calories, and pulse rate for your workout. If desired, user may bypass all of this, and simply press START/STOP button and enter into quick start mode.

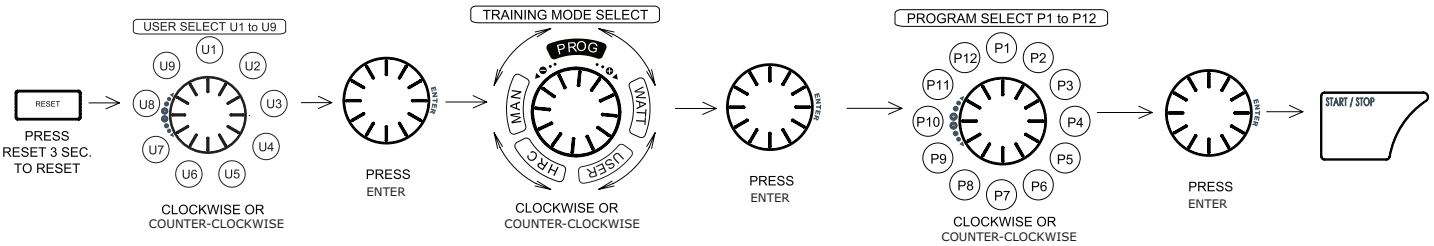


Time will flash in the display. Turn the knob clockwise to increase the time and counter-clockwise to decrease the time. Press the knob to confirm the value. Repeat steps for distance, calories, and pulse rate. Press START/STOP to begin exercising at any time. You can change the tension level at any time during your workout session by turning the knob.

PRESET PROGRAMS:

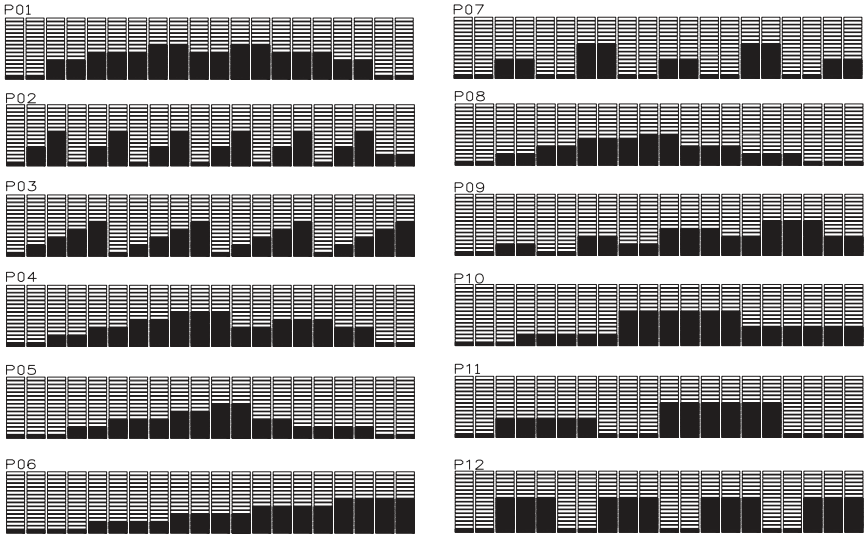
The console comes with 12 preset programs. After selecting user profile, turn the enter knob until Program is selected. Press the knob to confirm selection. Turn the knob until desired

program is blinking (P1-P12). Press the knob to confirm selection. (Load) will begin to flash in the display. Turning the knob increase or decrease desired resistance. Press the knob to confirm the value. Repeat steps for time, distance, calories, and pulse. Press START/STOP to begin exercising at any time. You can change the level of load at any time during your workout session by turning the knob.

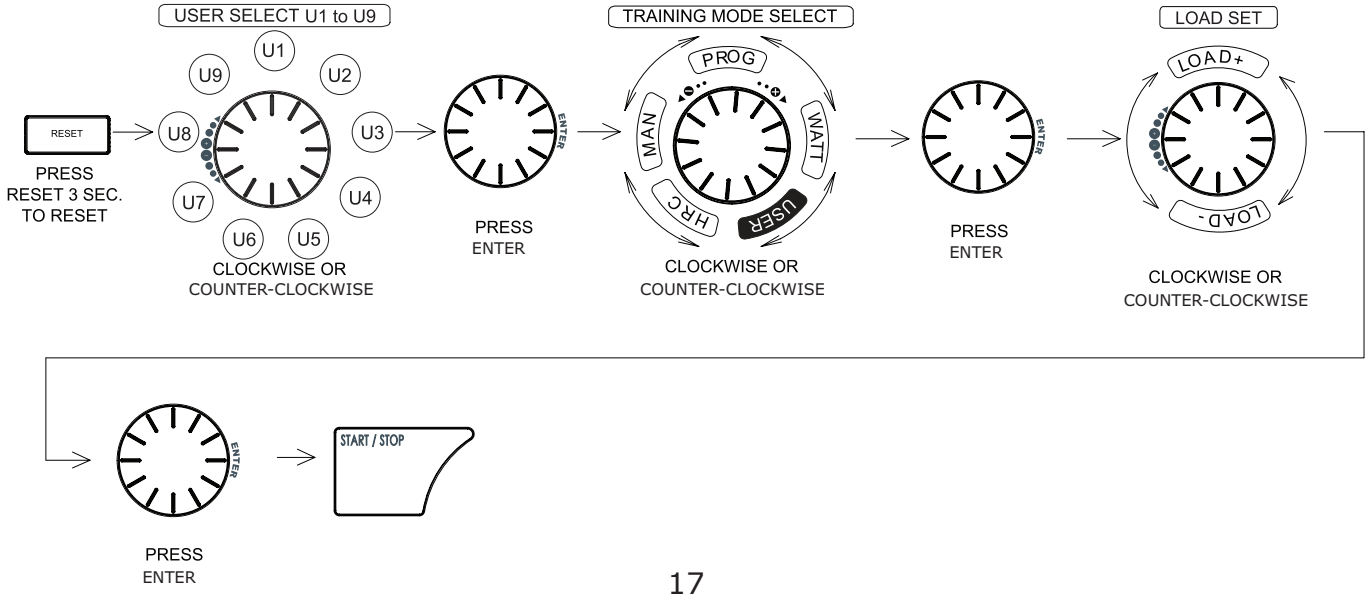


USER PROGRAMS:

The console allows user to customize a workout session. This program is divided into 15 segments. Resistance can be set for each segment. The program will be stored in the console's memory after set-up.



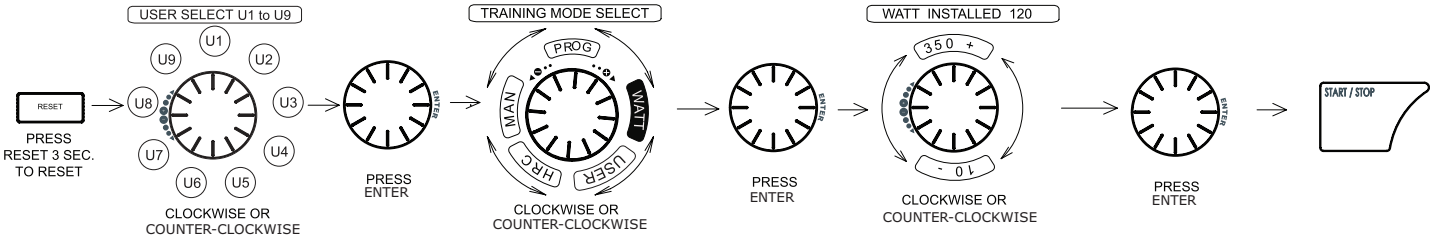
After selecting user profile, turn the knob until User Program is selected. Press the knob to confirm selection. The first segment will now be flashing in the main window. Turn the knob to increase or decrease the desired resistance (Load). Press the knob to confirm the value and proceed to the next segment. Repeat until all segments contain desired resistance (Load). Once final setting is entered, press and hold the knob until time begins to flash on the display (about 2 seconds). Continue process for entering values for time, distance, calories, and pulse. Press Start/Stop to begin workout.



WATT PROGRAM:

The watt program allows the user to set a target watt value. The unit will then keep this watt level constant. This means that if you exercise quickly, the tension will decrease, if you exercise slowly the tension will increase to maintain the watt value entered.

After selecting user profile, turn the enter knob until Watt is selected. Press the knob to confirm selection. For this program you must set a watt value. Watt will flash in the display. Turn the knob to set desired watt. Press the knob to confirm the value. Repeat steps for time, distance, pulse, and calories. Press START/STOP to begin exercising at any time.



HEART RATE PROGRAM (HRC):

Heart rate control programs are designed to automatically change resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each heart rate program is designed with a specific goal in mind. ***Note:*** *This calculation is based on your age which must be entered correctly into your user profile.*

See MONITORING YOUR HEART RATE section for more information.

Program	Goal
55% HRC	Weight Loss
75% HRC	Cardio
90% HRC	Performance
TRG HRC	Custom

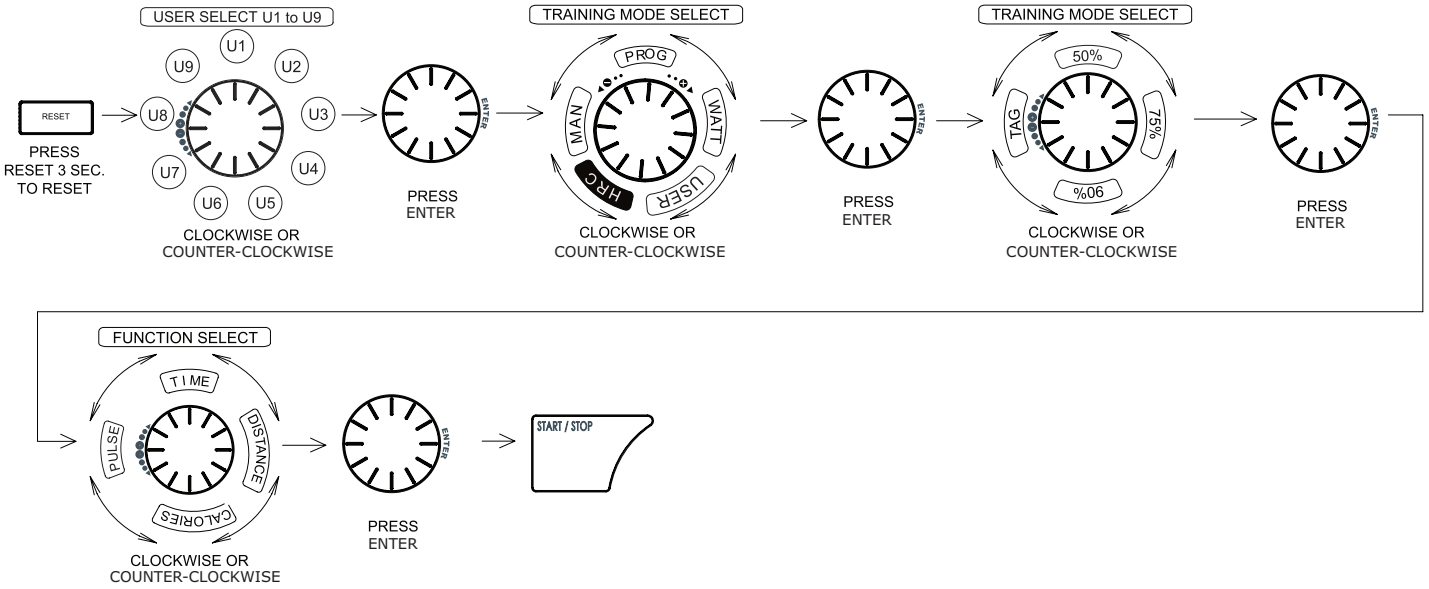
After selecting user profile, turn the knob until HRC is selected. Press the knob to confirm selection. Turn the knob to select desired HRC Program. There are four different programs - heart rate 55% HRC (Heart Rate Control), 75% HRC, 90% HRC, and Target HRC (user specifies the percentage of maximum heart rate desired). Press the knob to confirm selection.

If TRG is selected, turn the knob until desired target heart rate is selected. Press the knob to confirm selection.

Time will flash in the display. Turn the knob to set desired time. You will be asked to confirm values. Press the knob to confirm the value. Repeat steps for distance and calories. Press ***START/STOP*** to begin exercising at any time.

Note: For a more accurate reading, hold the hand grips with both hands. This is especially important in Heart Rate Mode.

(Diagram continued on next page)



BODY FAT PROGRAM:

This program is designed to calculate body fat ratio and to design a specific tension profile. In order to use this program correctly, make sure the personal data has been input and correct. Press the BODY FAT button, and hold on to the hand grips to start body fat testing. After 6 seconds, you will see the BODY FAT in percentage and BMI.

After BODY FAT testing is completed, press the BODY FAT button to continue workout.

Note: For a more accurate reading, hold the hand grips with both hands. This is especially important in Heart Rate Mode or when performing Body Fat or Fitness Test.

Body Fat

Body Type	Female	Male
Athlete	<17%	<10%
Lean	17-22%	10-15%
Average	22-25%	15-18%
Above Avg	25-29%	18-20%
Overweight	29-35%	20-25%
Obese	35+%	25+%

Body Mass Index

Body Type	Range
Underweight	<18.5
Ideal	18.5-25
Overweight	25-30
Obese	>30

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See ***Fitness Safety*** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%.
According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

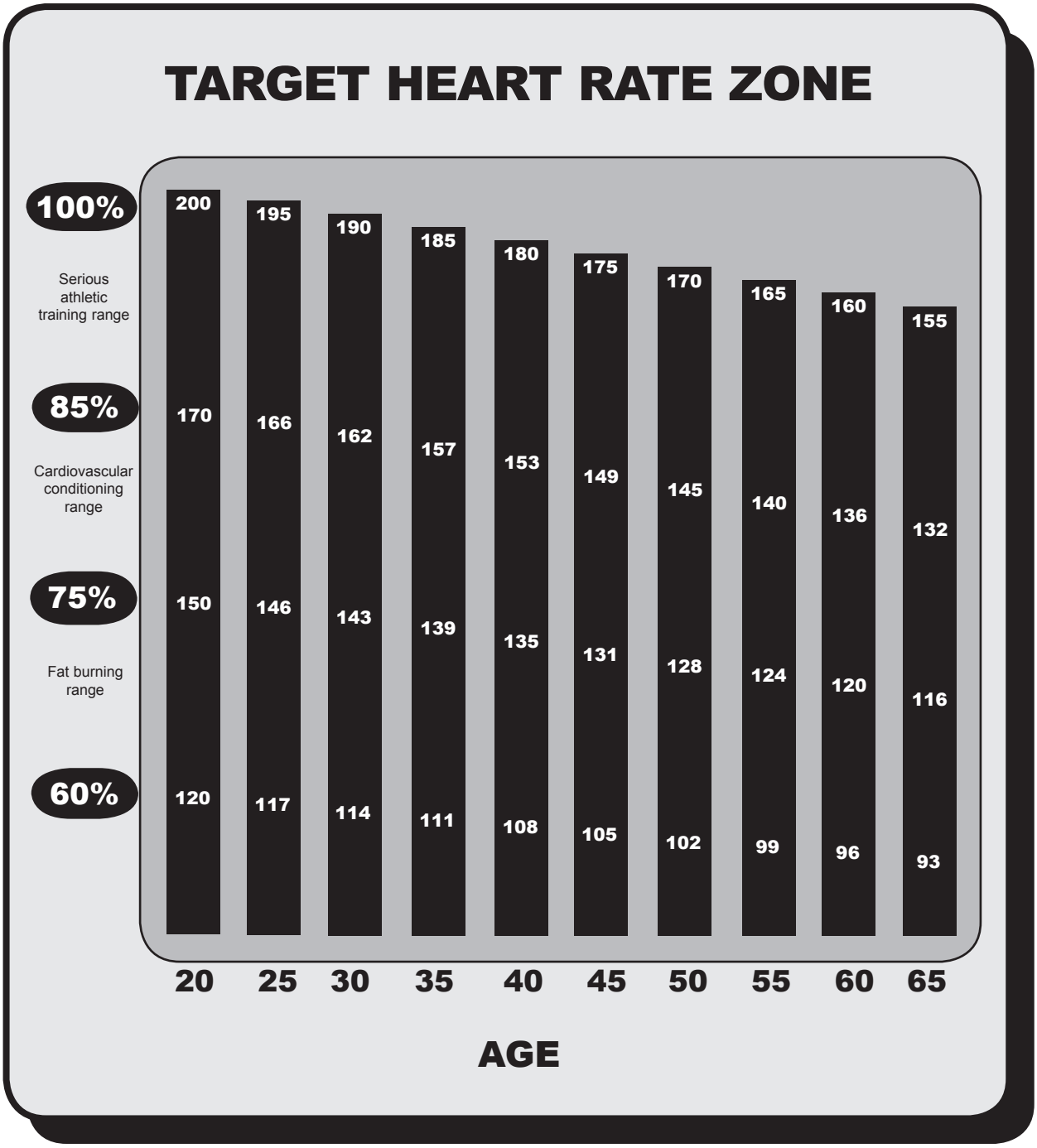
Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate
(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR)
MHR x .60 = 60% of your maximum heart rate.
MHR x .75 = 75% of your maximum heart rate.
For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190
190 x .60 = 114 (low end or 60% of MHR)
190 x .75 = 142 (high end or 75% of MHR)
30 year-old (THR) Target Heart Rate would be 114-142


TARGET HEART RATE ZONE
100%
Serious athletic training range
85%
Cardiovascular conditioning range
75%
Fat burning range
60%
200 195 190 185 180 175 170 165 160 155
170 166 162 157 153 149 145 140 136 132
150 146 143 139 135 131 128 124 120 116
120 117 114 111 108 105 102 99 96 93
20 25 30 35 40 45 50 55 60 65
AGE

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.

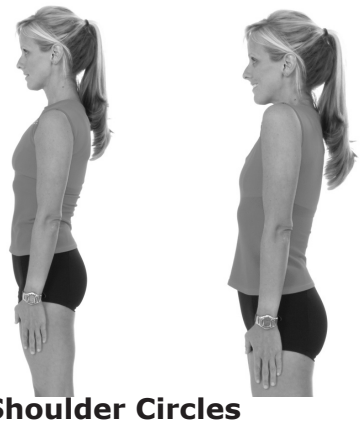
Prone on Elbows
Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.

Supline Lumbar Rotation
Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.

Knees to Chest
Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.

Cat and Camel
Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times

Cervical Side Bends
Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.



Shoulder Circles
In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

Warm Up Exercises

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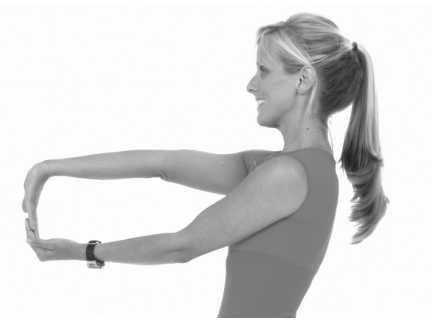


Wrist Extensor
Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.

Wrist Flexor
Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.

Triceps Stretch
Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.

One-Arm Pectoralis Stretch
Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.

Piriformis Stretch
Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.

Groin (Adductors) Stretch
Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

Warm Up Exercises

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

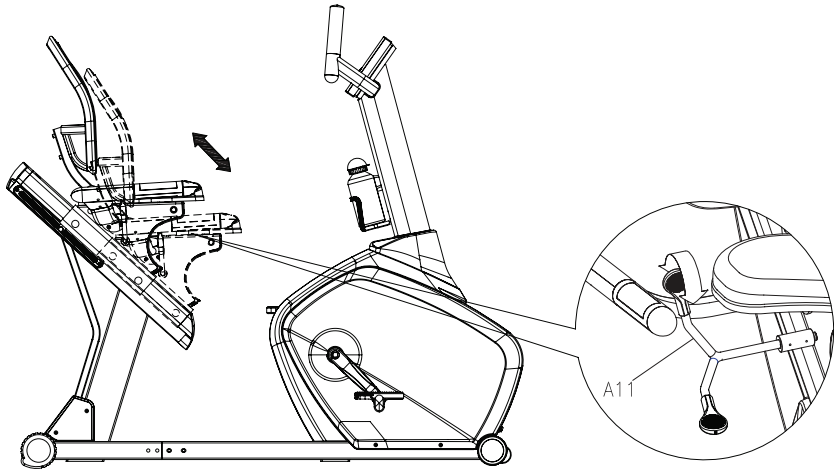
Calf Stretch
Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and you left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.

Standing Quadriceps Stretch
Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.

Achilles Stretch
Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each leg.

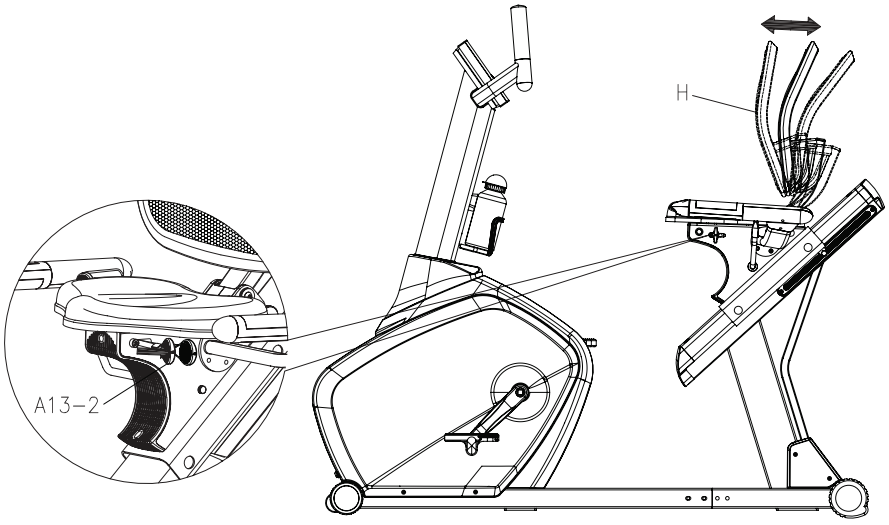
How To Use The Seat Adjustment Bar To Find A Proper Seat Position

Push the seat slide adjustment handle forward, then slide the seat up and down until desired position is found. When desired position is found, pull the adjustment handle back into the upward position.

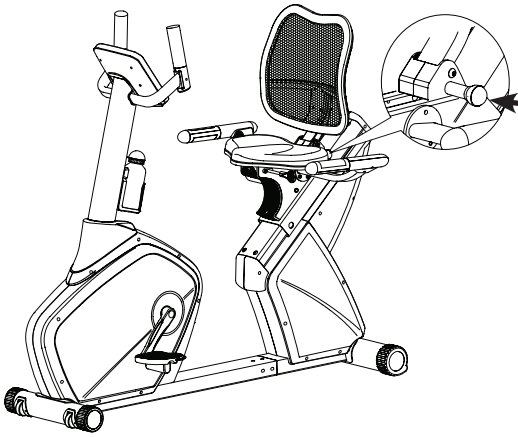


How To Adjust The Backrest

Push the bar located underneath the seat backward to adjust the backrest to desired position. Release the bar when desired position is found.

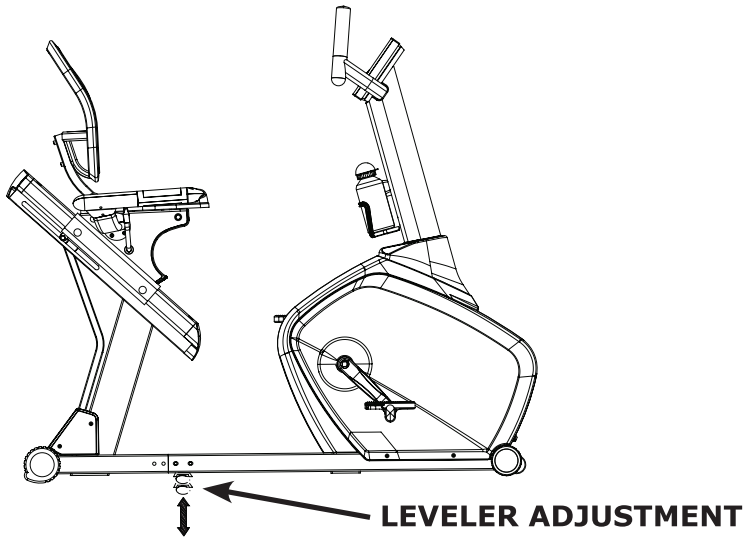


ATTENTION!



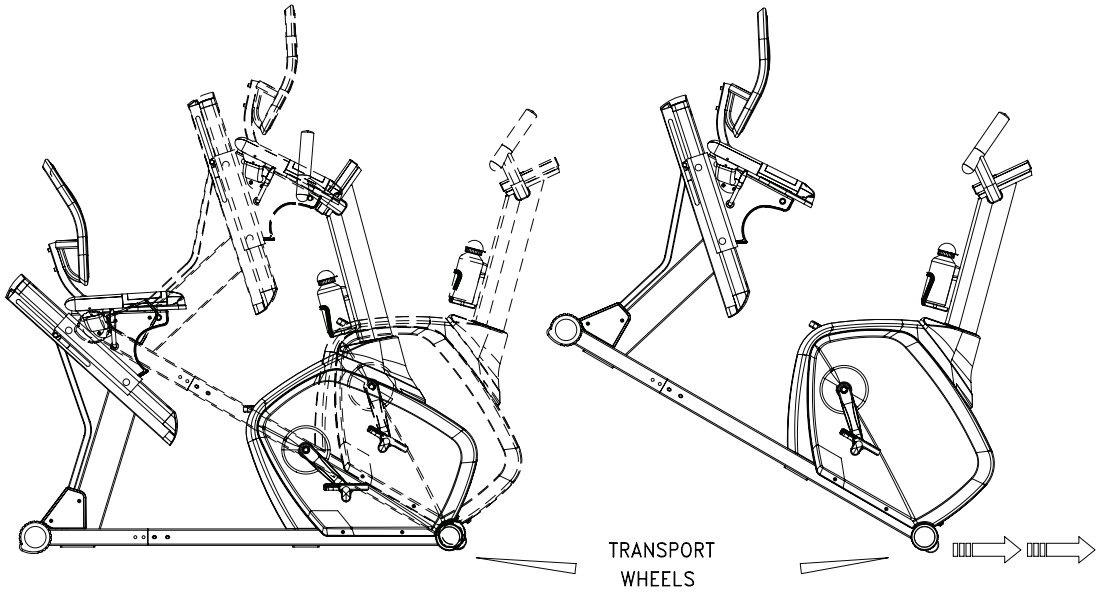
For Cosmetic Purposes Only

Moving Instructions



Caution! To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you lean the unit, lift using your legs, not your back.

First, kneel down and grasp the rear support tube with both hands. Next, with a firm grasp on rear support tube stand up bringing the rear of the bike up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location. Do not attempt to move the unit over an uneven or rough surface.

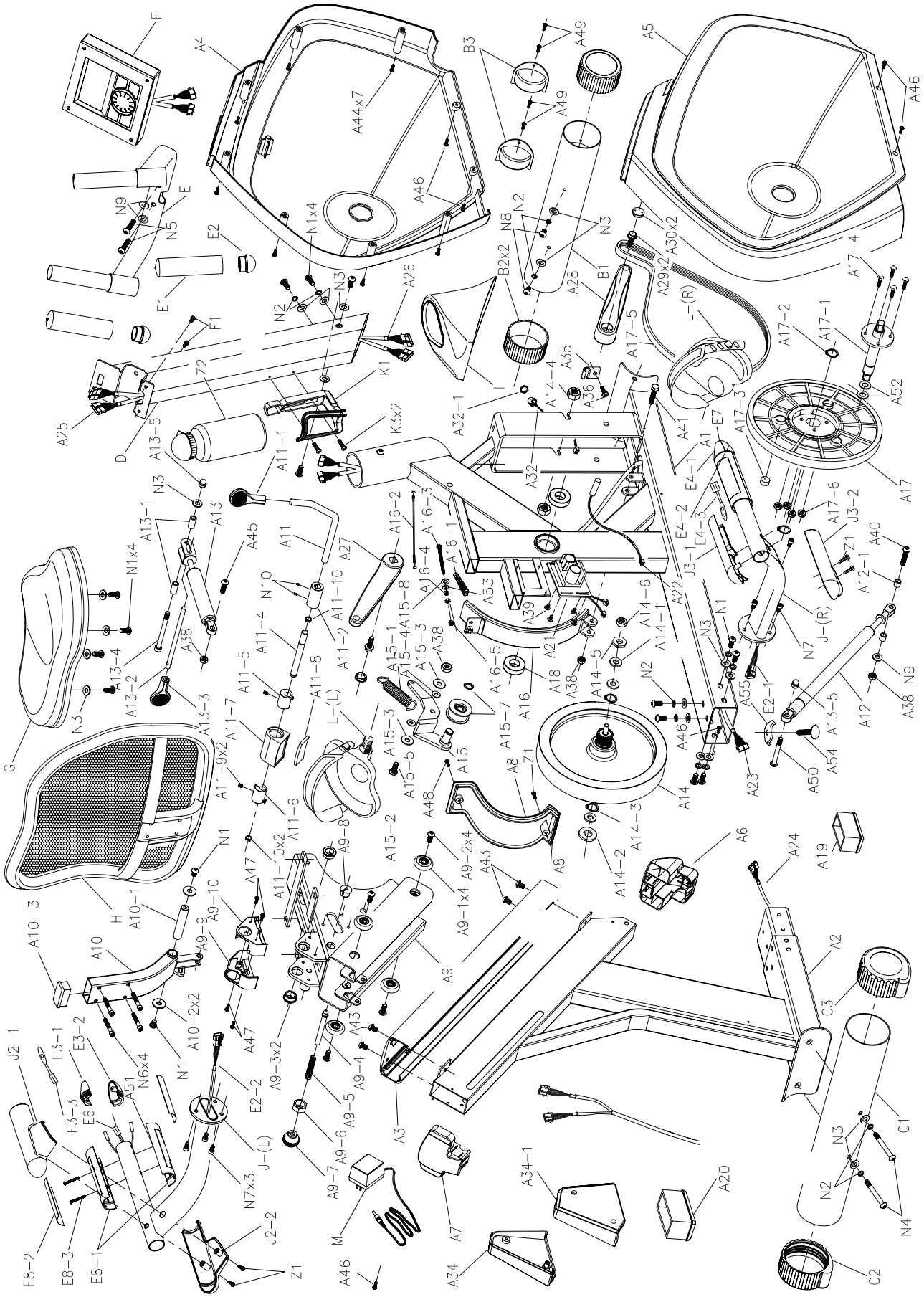


Parts List

CHARGER PARTS LIST REV B

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
A3	319-00382	ALUMINUM TRACKING	1	A30	319-00386	COVER, FOR CRANK	2
A4	306-00975	FRONT LEFT CHAIN COVER	1	A32	313-00475	POWER CORD FRONT	1
A5	306-00976	FRONT RIGHT CHAIN COVER	1	A32-1	302-01728	NUT A32-1	1
A6	319-00421	ALUMINUM TRACKING COVER FRONT	1	A34	302-01730	END CAP FOR REAR RIGHT MAIN	1
A7	319-00422	ALUMINUM TRACKING COVER REAR	1	A34-1	302-01731	END CAP FOR REAR LEFT MAIN	1
A8	306-00965	COVER, FOR SLIDING TRACKING	1	A34-2	302-01740	SCREW, HEXAGON A34-2	2
A9	319-00394	SLIDING TRACK	1	A35	305-00233	SENSOR PIPE HOUSING	1
A9-1	306-00974	WHEEL	4	A36	302-01537	SCREW, FIXING A36	1
A9-2	302-01536	SCREW, FIX FOR WHEEL-A9-2	4	A38	302-01565	NUT, NYLON A38	4
A9-3	302-01560	METAL BUSHING, A9-3	2	A39	302-01535	SCREW, CROSS FOR MOTOR A39	4
A9-4	310-00247	FIXING PIN	1	A40	302-01543	SCREW, HEXAGON A40	1
A9-5	302-01571	SPRING A9-5	1	A41	302-01548	SCREW, HEXAGON A41	1
A9-6	302-01564	NUT M16 A9-6	1	A43	302-01556	SCREW, HEXAGON A43	6
A9-7	323-00598	PULL BAR	1	A44	302-01576	SCREW, TAPPING A44	7
A9-8	306-00966	END CAP	1	A45	302-01546	SCREW, HEXAGON A45	1
A9-9	306-00980	LEFT DECORATION FOR REAR TUBE	1	A46	302-01549	SCREW, HEXAGON A46	6
A9-10	306-00981	RIGHT DECORTATION FOR REAR TUBE	1	A47	302-01645	SCREW, HEXAGON M4X20MM	4
A10	323-00580	BACKREST TUBE	1	A49	302-01647	SCREW, HEXAGON 8X5/8	4
A10-1	319-00412	AXLE FOR BACKREST TUBE	1	A50	302-01648	SCREW, HEXAGON M8X70MM	1
A10-2	302-01542	WASHER FLAT A10-2	2	A51	302-01649	NUT, A51	4
A10-3	306-00967	END CAP FOR BACKREST TUBE	1	A52	302-01650	WASHER, FLAT 17X22X.3	2
A11	323-00581	SEAT ADJUSTMENT HANDLE	1	A53	302-01651	WASHER, FLAT M6X16X1.2	1
A11-1	306-00978	PLASTIC WRAP	2	A54	302-01738	SCREW, HEXAGON A54	1
A11-2	305-00232	CONNECTING HOUSING	1	A55	302-01739	WASHER, FLAT A55	1
A11-4	319-00384	AXLE FOR BRAKING	1	B	323-00597	FRONT STABILIZER	1
A11-5	302-01527	BUSHING-L A11-5	1	B2	306-00968	END CAP FOR FRONT TUBE	1
A11-6	302-01528	BUSHING-R A11-6	1	B3	306-00973	TRANSPORATION WHEEL	2
A11-7	328-00081	BRAKE PAD, SEAT	1	C	323-00593	REAR STABILIZER	1
A11-8	319-00385	BRAKING STOPPER	1	C2	306-00970	END CAP FOR REAR TUBE LEFT	1
A11-9	302-01574	SCREW, STOPPING A11-9	2	C3	306-00969	END CAP FOR REAR TUBE RIGHT	1
A11-10	302-01532	C CLIP- A11-10	1	D	306-00977	MAIN SUPPORTING TUBE	1
A12	310-00245	GAS CYLINDER, FOR TRACKING BASE ADJUST	1	E	323-00637	FRONT SMALL HANDLE BAR	1
A12-1	302-01579	METAL BUSHING	2	E1	310-00251	SPONGE	2
A13	310-00246	GAS CYLINDER, FOR BACKREST ADJUST	1	E2	302-01732	END CAP	2
A13-1	302-01578	PLASTIC BUSHING	2	E2-1	313-00476	HAND PULSE SENSOR WIRE (RIGHT)	1
A13-2	310-00248	GAS CYLINDER BAR	1	E2-2	313-00477	HAND PULSE SENSOR WIRE (LEFT)	1
A13-4	302-01544	SCREW, HEXAGON A13-4	1	E3-1	323-00638	CONTROLLER FOR LEFT HANDLE BAR FRONT	1
A13-5	302-01562	NUT, A13-5	2	E3-2	323-00639	CONTROLLER FOR LEFT HANDLE BAR BACK	1
A14	311-00104	FLYWHEEL	1	E3-3	307-00756	PLASTIC CIRCUIT BOARD LEFT	1
A14-1	302-01655	WASHER, FLAT 10X13X.3	3	E4-1	323-00640	CONTROLLER FOR RIGHT HANDLE BAR FRONT	1
A14-2	302-01656	WASHER, FLAT 30X34X.8	1	E4-2	323-00641	CONTROLLER FOR RIGHT HANDLE BAR REAR	1
A14-3	302-01531	C CLIP-A14-3	2	E4-3	307-00757	PLASTIC CIRCUIT BOARD RIGHT	1
A14-4	302-01539	NUT, FLANGE A14-4	2	E6	313-00478	SENSOR WIRE LEFT	1
A14-5	302-01638	NUT, FLANGE 3/8X3T	1	E7	313-00479	SENSOR WIRE RIGHT	1
A14-6	302-01639	NUT, FLANGE 3/8X5T	1	E8-1	313-00420	HAND PULSE	4
A15	319-00390	PRESSING PIPE	1	E8-2	328-00082	PAD FOR HAND PULSE	4
A15-1	302-01567	PRESSING SPRING A15-1	1	E8-3	302-01568	SCREW E8-3	4
A15-2	331-00118	WHEEL	1	E9	302-01569	SCREW E9	2
A15-3	319-00389	WASHER, FLAT A15-3	2	F	307-00758	CONSOLE	1
A15-4	302-01540	WASHER, FLAT A15-4	3	F1	302-01533	SCREW, CROSS-F1	2
A15-5	302-01547	SCREW, HEXAGON A15-5	3	G	328-00084	SEAT, VIPER	1
A15-7	302-01529	C CLIP C12	1	H	323-00579	BACKREST	1
A15-8	302-01641	WASHER M6X19X1.5	1	I	306-00962	COVER, FOR MAIN SUPPORTING TUBE	1
A16	302-01559	HOUSING-MAGNET A16	1	J-(L)	323-00591	LEFT SIDE HANDLE BAR	1
A16-1	302-01570	SPRING A16-1	1	J-(R)	323-00596	HANDLE BAR, FOR RIGHT SIDE	1
A16-2	302-01580	TENSION CABLE, VIPER	1	J2-1	306-00961	COVER, HANDLE BAR UPPER LEFT	1
A16-3	302-01642	SCREW, HEXAGON M6X60MM	1	J2-2	306-00960	COVER, HANDLE BAR DOWN LEFT	1
A16-4	302-01643	NUT, FLANGE M6	1	J3-1	306-00964	COVER, HANDLE BAR UPPER RIGHT	1
A16-5	302-01644	NUT, FLANGE M6	1	J3-2	306-00963	COVER, HANDLE BAR DOWN RIGHT	1
A17	302-01526	BELT PULLEY A17	1	K1	302-01633	BOTTLE HOLDER, VIPER	1
A17-1	319-00383	AXLE FOR BELT PULLEY	1	K3	302-01634	SCREW M8*9.5, VIPER	2
A17-2	302-01530	C CLIP- A17-2	2	L-(L)	306-01037	LEFT PEDAL, VIPER	1
A17-3	302-01558	MAGNET A17-3	1	L-(R)	306-01036	RIGHT PEDAL, VIPER	1
A17-4	302-01550	SCREW, HEXAGON A17-4	4	M	313-00419	AC ADAPTER 9VDC 500MA	1
A17-5	304-00030	BELT 6PJ 46	1	N1	302-01545	SCREW, HEXAGON N1	16
A17-6	302-01566	NUT, NYLON A17-6	4	N2	302-01572	WASHER, SPRING N2	6
A18	331-00119	BEARING	2	N3	302-01577	WASHER N3	6
A19	306-01023	END CAP 40X80MM	1	N4	302-01551	SCREW, HEXAGON N4	2
A20	306-01024	END CAP 40X100MM	1	N5	302-01553	SCREW, HEXAGON N5	2
A21	307-00732	MOTOR, VIPER	1	N6	302-01552	SCREW, HEXAGON N6	4
A22	313-00429	SENSOR WIRE	1	N7	302-01555	SCREW, HEXAGON N7	6
A23	313-00471	HAND PULSE SENSOR MIDDLE	1	N8	302-01653	SCREW, HEXAGON M8X20MM	2
A24	313-00472	HAND PULSE SENSOR REAR	1	N9	302-01654	WASHER, FLAT M6X8MM	2
A25	313-00473	SENSOR WIRE	1	N10	302-01575	SCREW, HEXAGON M6X8MM	1
A26	313-00474	HAND PULSE SENSOR FRONT	1	Z1	302-01646	SCREW, HEXAGON M4X12MM, VIPER	6
A27	319-00387	CRANK LEFT	1	Z2	302-01632	BOTTLE, VIPER	1
A28	319-00388	CRANK RIGHT	1	#	302-01582	BOLT PACK, VIPER	1

Exploded View



Warranty Information

Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR IRONMAN FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime **Electronics and *Parts: 1 yr** **Missing/Cosmetic Parts: 30 Days**

Limited Warranty
This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Ironman Fitness Products, L.P. under the Ironman Fitness ("Ironman") brand name (as used herein, the "Product" or "Products"). The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Ironman. Ironman warrants that the Product purchased from Ironman or from an authorized Ironman Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Ironman in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup,* under normal use, and during the applicable warranty period, unless otherwise determined by Ironman.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Ironman.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Ironman any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies
During the warranty period listed above, Ironman will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Ironman may replace the parts (with new parts or at the option of Ironman, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Ironman (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Ironman may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Ironman can furnish contact information for local (to your area) Ironman authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Ironman is not responsible for any service repair costs accrued through the use of authorized Ironman service providers at your request or out of the limited warranty period (without written consent from Ironman), beyond the limitations outlined on this warranty.

Replacements and Returns
If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Ironman technical service and support staff), Ironman, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Ironman, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceed standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Ironman.

Conditions and Restrictions
This warranty ***DOES NOT*** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Ironman or from an authorized Ironman reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Ironman in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Ironman in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Ironman listed, maximum weight limit); (b) use of parts not manufactured or sold by Ironman; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Ironman, or an authorized Ironman warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release
EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, IRONMAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IRONMAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER IRONMAN NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO IRONMAN-BRANDED PRODUCTS. IRONMAN NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.

Notes

Notes

Customer Service
1.800.750.IRON
1.800.750.4766

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